



Stair Negotiation with Wheelchair (two person assist)



To go up a step:

- Standing behind the wheelchair, place the back of the wheelchair against the step. The second person stands in front of the chair to assist with maintaining tilted position, lifting and lowering.
- Step on the tilt bar and tilt the wheelchair carefully backwards (towards you).
- Wheel the chair backwards up the step (on its back wheels) keeping the chair tilted towards you. It may help to lean the wheelchair back against your thigh to support the weight when lifting the wheelchair.
- At the top, back chair fully onto the step and gently lower the front wheels onto the surface.

To go down a step:

- Standing behind the wheelchair, place the wheelchair facing forward at the edge of the step. The second person stands in front of the chair to assist with maintaining tilted position, lifting and lowering.
- Step onto the tilt bar and tilt the wheelchair backwards (towards you).
- Slowly lower the back wheels off the step onto the ground.
- At the bottom, gently lower the front wheels of the chair to the ground.